

Common Breastfeeding Problems

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Benefits to Baby

- Infectious diseases
 - diarrheal illnesses
 - respiratory tract infections
 - urinary tract infections
 - H. influenzae
- Benefit greatest with greater intensity of BF
- Protection continues past weaning

Benefits to Baby

- AAP Working Group on Cow's Milk Protein and Diabetes
- Asthma
- Celiac disease, IBD, childhood cancer
- Neurodevelopment: small but positive effect on cognitive development

Benefits to Mom



Benefits to Mom

- Decrease in premenopausal breast cancer
- Decrease in ovarian cancer
- Decrease fracture risk
- Improved mental health/ bonding

Contraindications

- HIV
- HSV: active lesions on breast
- Active varicella zoster (peripartum)
- Active TB (may pump and use milk)
- Hepatitis A, B, & C NOT contraindications
- Lead > 40 mcg/dl

Physiology

- Abrupt drop in estrogen/progesterone after birth stimulates prolactin
- After first week milk production based on “supply and demand”
- Oxytocin is released in response to sucking: responsible for “let-down”

Nutritional Requirements: Mother

- Calories: additional 200-500 kcal
- Fluids: drinking to thirst and body cues
- Protein: additional 20 gm
- Vitamins/minerals: 20% increase
- Folic acid: double
- Ca/Phos/Mg: 33% increase

Nutritional Requirements: Infant

- Iron supplementation: not needed unless still exclusively breastfeeding after 6 months (and premature infants)
- Fluoride: not needed unless water supply is less than 0.3 ppm
- Vit. D: AAP recommends all breastfed infants be supplemented beginning in first 2 mos. of life

Initiation

- Educational program had greatest effect
- No benefit to written material alone
- No data on advice from PCP alone



Breastfeeding Class



Sore Nipples

- “Normal” only in first few days and at beginning of a feeding
- Poor positioning/latch-on most common cause
- May also be due to skin problems: thrush, eczema, dermatitis, bacterial infections, psoriasis

Latch-On



Lower jaw too far away



Lip retraction



Positioning



Poor positioning and attachment



Pinched nipple with crack



Sore Nipples

- Check bra for fit/rough seam
 - use breast shield
- Bathe with plain water; avoid excessive cleansing
- Lubricate with a small amount of breastmilk
- Lanolin ointment

Shells and antifungal creme



Two nipple shells



Thrush



Yeast infection



Thrush

- Treatment
 - avoid overtreatment
 - treat baby and Mom simultaneously
 - Nystatin most commonly used; increasing resistance
 - any antifungal creme OK for Mom
 - boil pacifiers, nipples, teethers

Engorgement

- Begins 3rd to 5th day, lasts 12-48 hrs
- Worse with 2nd baby
- Warm vs. cool
- Cabbage leaves: one controlled study
- Restricting fluids doesn't help

Pathologic breast engorgement



Engorgement of extra breast tissue



Cabbage leaves



Mastitis

- Wedge-shaped area of erythema and tenderness
- May be accompanied by fever, malaise
- Blood in milk
- Treatment:
 - Breastfeed
 - Warm compresses
 - Antibiotics: eg. dicloxacillin or cephalexin

Breast infection



Infected nipple



Abscess



Bleb



Augmenting Milk Supply

- Metoclopramide
 - stimulates prolactin levels
 - 10 mg. TID-QID for 7-14 days, then taper
 - side effects
 - expressed in breast milk
- Domperidone
 - fewer side effects
 - not available in US

Herbs

- Fenugreek
 - used to improve milk supply
 - nothing in literature
 - may cause hypoglycemia in mother
 - reports of colic, stomach upset, diarrhea in baby
 - makes mom and baby smell like maple syrup

Herbs

- Blessed Thistle
 - no evidence
 - small amounts probably safe
- Fennel
 - no evidence
 - oil from fennel plant should be avoided; can cause seizures and respiratory problems

Mary Cassatt

